

B's 2010 Santa Barbara Junior Lifeguards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 28 Introductions Swimming Evaluation Safe Entries	June 29	June 30 Intro to Surf Swimming / Rescues Uniforms Distributed	July 1 Paddleboard Intro	July 2 Picture Day
July 5 NO JUNIOR GUARDS!!	July 6 Long Run and Short Swim	July 7 Boat Trip #1 Long Swim and Short Run	July 7 Relay Practice	July 9 InterSquad Competition
July 12 Taffy's Pizza Fundraiser 11am-9pm	July 13 Butterfly Biathlon	July 14 Boat Trip #2	July 15 Training Day	July 16 Carpinteria Competition 9am – 2 pm (Flyer will come home)
July 19 Responding to Emergencies	July 20 Soft Sand Day Movie Night #1	July 21 Training Day	July 22 Relay Day	July 23 Regionals (Pacific Beach, San Diego) (Flyer will come home)
July 26 Code X Evaluation #2	July 27 Review Evaluations Workout like mad! Dessert Day	July 28 Santa Claus Lane Surf Day (Flyer will be coming home)	July 29 Fun Training Day	July 30 Fiesta Competition At East Beach 9:00am – 2:00pm (Flyer will come home)
August 2 Training Day	August 3 Stud Ironman Followed by Kick Back Day Movie Night #2	August 4 Post-Stud Day	August 5 Nationals (Huntington State Beach) (Flyer will come home) Leadbetter Day	August 6 Training Day
August 9 Rincon Surf Day	August 10 Pier Run Challenge	August 11 Pier Swim Challenge	August 12 Ventura Competition 9am – 2:30pm (Flyer will come home)	August 13 Last Day of J.G.'s Banquet at Chase Palm Park 5-7pm